



# Summit Athletic Running Club's Shamrock 15K and 5K

## Day of Race Registration:

10:30 - 11:45 am Woodridge High School  
4440 Quick Rd. Cuyahoga Falls

## Entry Fees:

Both races \$20 if postmarked by March 1, 2011  
\$25 day of race.

**\$3 discount for pre-registered  
Summit Athletic Running Club members only**

Online registration available at [www.active.com](http://www.active.com)

**Shirts:** Long-sleeve **tech shirt** to the first 300 entrants.  
Shirts for race day entrants based on availability.

## Directions:

From Route 8: Exit at Steels Corners Rd.  
Go west to State Rd.  
Turn right (north) on State Rd.  
Veer left on Quick Rd.  
High School is 0.3 miles on left.

From I-271: Exit at Route 303.  
Go east towards Peninsula.  
Turn right on Akron-Peninsula Rd.  
Turn left on Quick Rd. (second left)  
High School is 3.0 miles on right

**A portion of the proceeds are donated to the  
Woodridge Cross Country Team**

## Refreshments:

Post-race refreshments available for all runners  
Soup provided by the Peninsula Winking Lizard

**Results/Information:** [www.summitathletic.com](http://www.summitathletic.com)

## Awards:

 Both Races

Overall Top 3 males & females overall

Age Group Top 3 males & females in:

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Awards may go deeper depending on participation

## Timing:

\*\*\*New this year is Chip Timing for both the 15K and 5K races

## Course:

15K Challenging! Our toughest race! Very hilly!  
Course goes down into the Cuyahoga  
Valley then back up to finish.

5K Course has rolling hills.

## Notes:

- Because of insurance limitations pets, baby joggers, strollers, roller blades, headphones, etc. will not be allowed on the course.
- Entries are non-refundable and non-transferable
- The Race Directors reserve the right to refuse any entry.